

MIXED MARTIAL ARTS

JULY / 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00AM-11:30AM BOXING (STEVE)	12:00PM - 1:00PM BOXING (BLAKE)	10:00AM-11:30AM BOXING (STEVE)	12:00PM - 1:00PM BOXING (BLAKE)	12:30PM-1:30PM Mix BJJ - Gi (TODD)	10:00AM - 11:00AM Mix BJJ - No Gi (TODD)
11:30AM -12:30PM S/C (BLAKE)	12:30PM- 1:30PM Mix BJJ - No Gi (TODD)	11:30AM -12:30PM S/C (STEVE)	12:30PM- 1:30PM Mix BJJ - No Gi (TODD)	4:00PM-5:00PM S/C (BLAKE)	12:00PM- 2:00PM MMA (KRU / TODD)
12:30PM-1:30PM Mix BJJ - Gi (TODD)	5:00PM-6:00PM S/C (STEVE)	12:30PM-1:30PM Mix BJJ - Gi (TODD)	5:00PM-6:00PM S/C (STEVE)	5:00PM - 6:00PM BJJ - CLINIC (TODD)	2:00PM - 3:30 FIGHT CHIX (KRU)
5:00PM-6:00PM	5:00PM-6:00PM USA BOXING (C J)	5:00PM-6:00PM USA BOXING (C J)		6:00PM - 7:30PM FIGHT CHIX (KRU)	
5:00PM- 6:00PM KIDS (STEVE)	5:00PM- 6:00PM KIDS (TODD)	5:00PM- 6:00PM KIDS (KRU)	5:00PM- 6:00PM KIDS (BLAKE)	7:30PM-9:00PM BOXING (REED)	
6:00PM- 7:00PM S/ C (BLAKE)	6:00PM- 7 :00PM BOXING (BLAKE)	6:00PM- 7:00PM S/ C (BLAKE)	6:00PM- 7 :00PM BOXING (BLAKE)		YELLOW S & C
7:00PM-8:00PM Fund BJJ - GI (TODD)	6:00PM- 7 :00PM MUAY THAI (KRU)	7:00PM-8:00PM Fund BJJ - No GI (TODD)	6:00PM- 7 :00PM MUAY THAI (KRU)		BLUE BOXING
8:00PM-9:00PM Inter BJJ - Gi (TODD)	7:00PM - 8:00PM SPARRING (KRU)	8:00PM-9:00PM Inter BJJ - No Gi (TODD)	7:00PM - 8:00PM SPARRING (KRU)		BLACK MUAY THAI
7:30PM-9:00PM BOXING (REED)	7:30PM-9:00PM BOXING (REED)	7:30PM-9:00PM BOXING (REED)	8:30PM - 9:30PM USA BOXING (C J)		BROWN BRAZILIAN JIU JITSU
					GREEN JUDO
					PURPLE KIDS KICK